

FUREY 26.2

MARATHON TRAINING

Chicago 2024 Marathon Training Plan

Program 2: Beginner B

2 days of running per week

2 days of strength training per week

Ideal for beginners with a primary goal of completion and minimal time to train.

As weeks progress and your body adapts to running, you can add a 3rd day of running if desired.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
Week 1: 6/17	XT/ST		5	XT/ST		10		16
Week 2: 6/24	XT/ST		5	XT/ST		10 - 12		18
Week 3: 7/1	XT/ST		5	XT/ST		10		17
Week 4: 7/8	XT/ST		5	XT/ST		12 - 14		21
Week 5: 7/15	XT/ST		5	XT/ST		10		17
Week 6: 7/22	XT/ST		3 x 800	XT/ST		14 - 16		24
Week 7: 7/29	XT/ST		4 x 800	XT/ST		10		18
Week 8: 8/5	XT/ST		5 x 800	XT/ST		16 - 18		27
Week 9: 8/12	XT/ST		5 x 800	XT/ST		10		19
Week 10: 8/19	XT/ST		6 x 800	XT/ST		16 - 18		27
Week 11: 9/2	XT/ST		7 x 800	XT/ST		10		19
Week 12: 9/9	XT/ST		7 x 800	XT/ST		16 - 18 - 20		29
Week 13: 9/16	XT/ST		8 x 800	XT/ST		10		19
Week 14: 9/23	XT/ST		7 x 800	XT/ST		10		18
Week 15: 9/30	XT/ST		4 x 800	XT/ST		8		15
Week 16: 10/7	XT/ST		3	XT/ST	2 - 3		RACE DAY	

Yasso 800s begin week 6. Do an easy 2 mile warm up, the listed reps above, easy 2 mile cooldown.

Starting Weekly Mileage: 16 miles

Key Runs: hill intervals and & runs

XT/ST: Cross train / strength train

Injury Risk: very low

Highest Mileage Week: 34 miles

Progression: Very gradual

Longest run: 20 miles